

Awakening Your Everyday Wisdom: Video #4 - Energy

Ways to Safeguard Your Personal Energy

- Take time to think
- Calm your mind with prayer, meditation, and contemplation
- Do your own research; find out what's most important to you individually
- Put your energy into your high priorities, letting go of the minor stuff that keeps you busy and might pull you off track
- If you're interested in the big picture, find out what's important to you regarding the future of our planet
- Find ways to reduce your carbon footprint on the planet
- Keep your body healthy
- Balance your physical energy
- Resolve drains on your mental, emotional, and spiritual energy
- Avoid energy vampires
- Seek whatever modalities that help you maintain your physical energy

If you're feeling the strain of life, remember, you can strengthen and expand your personal energy. You have all the wisdom you need.

Affirmations

1. My mind and my body operate in perfect harmony
2. I have the energy to follow my heart
3. I appreciate all of the energy that is available to me

Messages - Inspired by Pamela Eakins PhD – *Tarot of the Spirit*

- Every accomplishment can bring out the best in us; so can every disaster. The challenge is to remain centered, no matter which way things are going.
- True freedom comes from contributing to a healthy and positive universal flow.
- The task is to tune in to love and basic goodness internally as we interact externally.
- If a force has been able to assume power that does not care about us, other than as a commodity, we may have a miserable future.
- Are you nurturing mother earth?
- Are you nurturing yourself?